

## FORKLIFTS



Forklifts are recommended for people with osteoporosis, because they safely facilitate upright midback posture. This dual-action exercise strengthens the abdominal and midback muscles at the same time. Forklifts start out looking like a forklift but end up looking like the front loader on a dump truck. Picture how the front forks of a forklift scoop up a dumpster and lift it over the truck cab.

### **Benefits** »

- ⦿ Improves midback posture, strength, and function.
- ⦿ Strengthens midback and trunk.

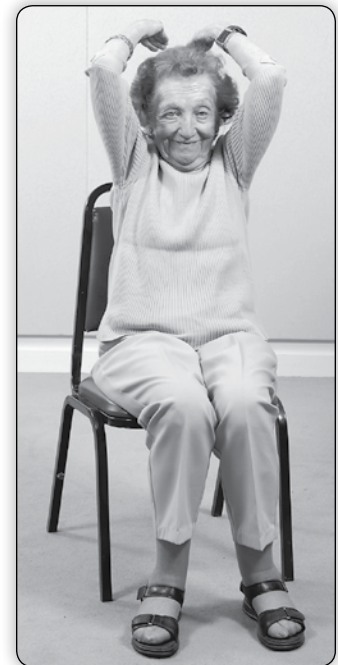
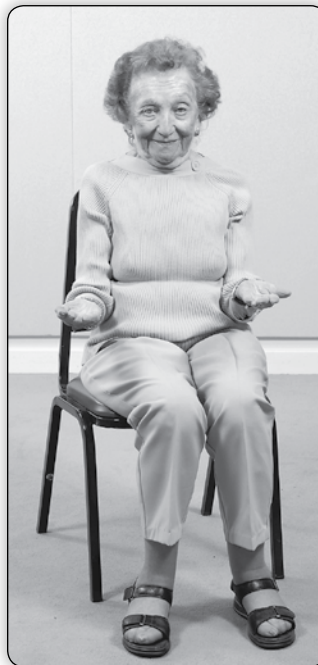
### **Set It Up** »

You will not need any special equipment.

### **How to Do It** »

#### **The Start**

- ⦿ Participants sit tall with their back away from the chair; the hips can touch the chair, but their back should not. Sit tall with abdominals braced, ribs lifted, shoulder blades back and down, and head retracted.
- ⦿ Arms start out close to their sides, then bend to 90 degrees with the forearms parallel to the floor, the palms facing up, and the fingers sticking straight out.
- ⦿ Sit tall to prepare.
- ⦿ Do participants look like a forklift ready to pick up a pallet?



#### **The Moves**

Use the following cues.

- ⦿ Inhale and lift the elbows to about shoulder height. Keep a 90 degree bend in the arms.
- ⦿ If comfortable, continue rotating arms up and over the head, until the elbows are in line with the ears and the fingers point behind.
- ⦿ Keep the forearms parallel. (Participants tend to let forearms separate.)
- ⦿ Hold at top for 1 to 2 seconds.
- ⦿ Exhale and bring the arms back down. Relax.
- ⦿ Repeat 6 times and progress to doing 8 to 12 times, as tolerated.

### **Take It Further »**

- ⦿ Use slightly longer holds.
- ⦿ Use more repetitions.
- ⦿ Try it with Whooh, Whoohh, Whoohhhs! (see page 110).

### **Give It More Balance »**

- ⦿ Sit closer to the edge of the chair.
- ⦿ Sit with feet offset or in tandem.
- ⦿ Sit with feet offset or in tandem with lifted heels.
- ⦿ Stand with feet in an offset position and a chair placed behind the participant.

### **Keep It Safe »**

Cue frequently for participants to keep their forearms parallel to each other. That seems the hardest part for them to get right. Nothing should hurt. If it does, check their form and make sure they are keeping their abdominals pulled in before trying again. If pain persists, they should discontinue the activity.

### **Live It »**

Participants can strengthen their core muscles effectively and may be able to reduce midback rounding with Forklifts. It's worth a try! Here's to better upright posture!